

Instructions for Sewing Cloth Masks

For the VA Maryland Health Care System

The drawing is not to scale. Sorry but everything is in MM or CM and there is a 10mm seam allowance.

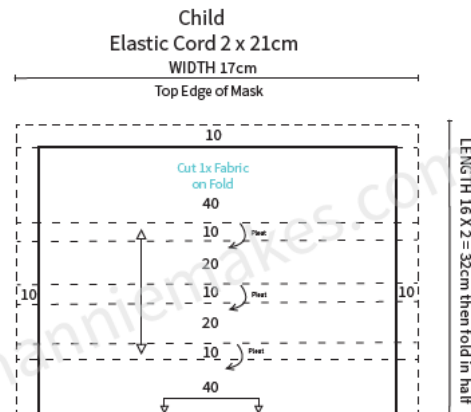
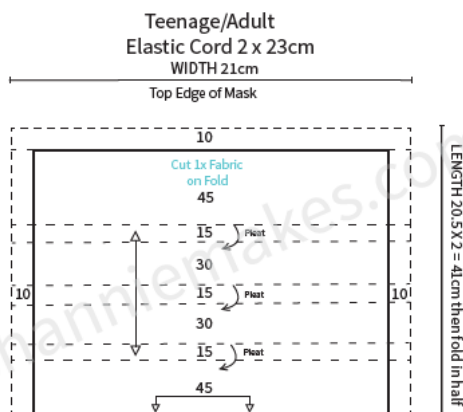
For edges, cut 2 rectangles 4cm wide and just over 2cm longer than the side of the mask after pleated. Ties are approximately 30cm in length with 2 on each side, or for ear-loop its 6-7mm width elastic cut in 16.5 cm. Placement for tie or ear-loop is approximately 3mm from top/bottom. This is for the adult size.

The cloth that is used to make the masks must be washable, breathable and comfortable.

The following link has a nice tutorial for making cloth masks:

<https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>.

When completed, please call Voluntary Service at the VA Maryland Health Care System to schedule a time to delivery the face masks at 410-642-1136.



Recommended Fabrics:
Gore-Tex is breathable and water repellent/waterproof. Some Micro-Fibre Taffeta fabrics are breathable and water repellent/waterproof. Please check manufacturers instructions. It is best to test the breathability of the fabrics on your face before buying/cutting.

Spraying fabric with waterproofing spray is not recommended because of the close proximity of the chemicals next to your respiratory system. Inner and lining fabrics such as cotton, double gauze and any fabrics with absorbing properties are the best choices, as well as creating a layer for you to breathe.

